

How to Make Headphones More Comfortable? Try these 5 Fixes

Do you ever feel like your headphones are stabbing you in the ears or squeezing your head like a vice? Do you get sweaty and itchy after a few minutes of wearing them? Are you tired of constantly adjusting the fit and position to find a comfortable spot? If so, don't worry, you're not alone.



Many people struggle with finding the [right headphones](#) that fit well and feel good. But fear not, because we have some great effective ways to fix these to help you **make your headphones more comfortable**.

If you love listening to music, gaming or taking calls on headphones, you know how essential they are in your life. However, if you use them for a long time, you might experience discomfort, pain, and fatigue, which may ruin your overall experience. In this article, we will explore the reasons why headphones become uncomfortable and **how to make headphones more comfortable** with simple but effective fixes.

So, without any further ado let's find out the reasons first to understand it better and then the ways to make your headphones more comfortable.

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Why Headphones Become Uncomfortable?

First of all, let's look at why headphones can become uncomfortable in the first place. Here are the main reasons why headphones become uncomfortable.



- **Having Poor Design and Build Quality**

One of the main reasons why headphones become uncomfortable is their poor design and construction. Some headphones are too heavy, bulky, or rigid, causing strain on the neck and ears. Others have sharp edges, rough surfaces, or exposed wires that can scratch or irritate the skin.

Moreover, some headphones have poor sound insulation, leading to increased volume and pressure on the ears.

- **Excessive Pressure and Tightness**

Remember, some headphones, especially over-ear and on-ear models, use a clamp mechanism to secure them to the head. However, if the clamp is too strong or tight, it may cause excessive pressure and discomfort on the scalp, temples, and ears. This pressure can also reduce blood flow to the ears, leading to ear fatigue and headache.

- **Improper Fit and Adjustment**

Another reason why headphones become uncomfortable is the improper fit and adjustment. If the headphones are too loose, they may slide or wobble, leading to inconsistent sound and pressure.

On the other hand, if they are too tight, they may press or pinch the ears, causing pain and fatigue. Moreover, if the headphones have fixed or limited adjustment options, they may not fit all head sizes and shapes, leading to discomfort and frustration.

- **Having Inadequate Padding and Cushioning**

Lastly, some headphones have inadequate padding and cushioning, leading to discomfort and pain. The padding and cushioning serve as a barrier between the ears and the headphones, absorbing the pressure, and reducing the contact area.

If the padding and cushioning are too thin, worn out, or nonexistent, the ears may feel the hard plastic or metal of the headphones which can cause some serious ear infections.

But don't despair, there are ways to overcome these challenges and **make your headphones more comfortable**.

[Read- Are Gaming Headsets Good for Music? Which one you should buy?](#)

How to Make Headphones More Comfortable?

Now that we've identified the reasons why headphones become uncomfortable, let's explore some ways to make them more comfortable. Here are the ideas

You Should Choose the Right Headphones

The first step in making headphones more comfortable is to choose the [right pair for your needs and preferences](#). Consider the size, shape, and weight of the headphones, as well as the type of earcups, drivers, and connectivity.

Also, look for headphones with good sound insulation, an adjustable headband, and detachable earpads for cleaning and replacement.

[Read- To 6 Best Gaming Headsets under \\$200](#)

You must Adjust the Fit and Position

Once you've chosen the headphones, make sure to adjust their fit and position properly. Start by placing the headband on the top of your head, and adjust it so that it's snug but not too tight.

Then, adjust the earcups so that they cover your ears completely and seal off external noise. Avoid pushing or pressing the earcups too hard, and adjust the earpads for maximum comfort.

Always Take Breaks and Relax Your Ears

To prevent fatigue and discomfort, it's essential to take breaks and relax your ears every once in a while. If you're using headphones for extended periods, try to take a 10-15 minute break every hour or so, and stretch your neck and shoulders.

Also, avoid using headphones when you're already tired or stressed, as this can exacerbate the discomfort.

Use Additional Padding and Cushions

If your headphones lack adequate padding and cushioning, you can add some extra layers to make them more comfortable. You can use foam earpads, headband cushions, or even cotton balls or tissues to create a softer and more cushioned surface.

Just make sure that the additional padding doesn't interfere with the sound quality or the fit of the headphones.

But wait, there's more! Here are **some specific fixes** you can try if you still feel uncomfortable with your headphones:

Try these 5 Specific Fixes

If you're experiencing discomfort and pain from your headphones, here are five fixes that can help:

- **Use Ear Cushions**

Foam earpads are soft, breathable, and comfortable, providing a cushioned barrier between your ears and the headphones. You can find foam earpads online or at your local electronics store, and they're easy to install and replace. Just make sure to choose the right size and shape for your headphones, and clean them regularly to prevent dirt

and bacteria buildup. [Podcasters](#) often use Ear Cushions to prevent headaches and ear pain because they had to wear them for many hours.



[Read- Why do Podcasters wear Headphones?](#)

- **Apply Heat to the Earpads**

If your earpads are too stiff or hard, you can soften them up by applying heat. You can use a hairdryer or a heat gun to warm up the earpads for a few seconds, then massage them gently to soften them up. This will make the earpads more flexible and comfortable, and they will conform to the shape of your ears more easily.

- **Add a Headband Cushion**

If your headband is too tight or hard, you can add a cushion to make it more comfortable. You can use a foam strip, a cloth wrap, or a gel pad to create a cushioned layer between your head and the headband. This will reduce the pressure and tension on your scalp and temples, and make it easier to wear the headphones for longer periods.

- **Use a Headband Cover**

If your headband is too rough or scratchy, you can use a cover to make it smoother and more comfortable. You can use a cloth sleeve, a leather wrap, or a silicone cover to create a protective layer between your head and the headband. This will also prevent

sweat and dirt from accumulating on the headband, and make it easier to clean and maintain.

- **Adjust the Cable Length**

If your headphone cable is too short or too long, it can cause discomfort and inconvenience. A short cable can restrict your movement and strain your neck, while a long cable can tangle and get caught on objects. To fix this issue, you can adjust the cable length by using an extension cable or a cable clip. This will give you more flexibility and freedom of movement, and reduce the stress and tension on the cable.

Final Verdict

In conclusion, there are plenty of ways to **make your headphones more comfortable** and enjoyable to wear for long periods. By choosing the right pair, adjusting the fit and position, taking breaks, using additional padding and cushions, and trying specific fixes, you can enhance your listening experience and avoid discomfort.

So, if you're tired of struggling with uncomfortable headphones, try out some of the techniques mentioned in this article and enjoy a comfortable and safe listening experience.

Don't settle for uncomfortable headphones, and don't give up on finding the perfect pair. Keep experimenting and trying different solutions until you find what works best for you.

Related Articles

- [5 Best Headphones for Streamers in 2023](#)
- [Top 5 Best Wireless Headphones under \\$150](#)
- [Are Noise Canceling Headphones Good for Gaming?](#)

FAQs

#Q. Can I use any type of foam earpads for my headphones?

No, you should choose the foam earpads that are compatible with your headphone brand and model. Check the size, shape, and material of the earpads before buying them.

#Q. How often should I take breaks from wearing headphones?

If you are a gamer, then it's recommended to take a break every hour or so and stretch your neck and shoulders. However, you can adjust the frequency and duration of your breaks according to your comfort level.

#Q. How can I clean my headphones and earpads?

You can use a damp cloth or a cotton swab with mild soap or rubbing alcohol to clean the headphones and earpads. Avoid using abrasive or harsh cleaners that can damage the surface of the material.

#Q. Are noise-canceling headphones safe for my ears?

Yes, noise-canceling headphones are safe for your ears as long as you use them properly and don't expose yourself to excessive volume or prolonged use. They can even protect your ears from external noise and reduce the risk of hearing damage.

#Q. How can I store my headphones to avoid damage and discomfort?

You can store your headphones in a clean and dry place, preferably in a case or a pouch that protects them from dust, scratches, and impacts. Avoid storing them in extreme temperatures, humid environments, or crowded spaces where they can get tangled or damaged. extreme temperatures, humid environments, or crowded spaces where they can get tangled or damaged.